



<b>DATE</b>	July 21, 2019
<b>SPEAKER</b>	David Smith
<b>TITLE</b>	Our God Who Rallies
<b>SERIES</b>	On the outside, you're crushing it – at work, at the gym, at the bank. But on the inside, you're collapsing – shame, doubt and loneliness weigh you down. It's okay to not be okay. Because when we bring our struggles out of the shadows into the light, God can help us heal.

Over the past 5 weeks we've talked about some major emotional troubles: loneliness, doubt, shame, unworthiness, and rejection. This week, we recognize that our God is a rallying God! He rallies around us in all the emotional troubles we have to encourage and support us as we come from behind and move to where we want to be. We serve a God who *will* come alongside us, if we only ask. By taking one step closer to God in our relationship with Him, a lot can change!

1. Have you ever experienced God and/or others rallying around you? What did you hear/feel?
2. While God waves his rally cap for us, it sometimes seems others call strikes and foul balls instead. What's the difference between calling fouls or strikes and rallying?
3. Jesus always rallies around people! Please read Isaiah 42:3, then Matthew 11:28-30. What are some of the promises you see Jesus making on how he will engage with others? How does God ask us to participate in receiving His rallying comfort/grace?
4. Pastor David talked about our needing to be involved in our reconciliation, doing the work – God does the healing (like a surgeon), then we participate in the healing by being willing to (having the desire) and being disciplined to do the physical therapy, the “hard work” of breaking up the scar tissue for healing. Please read Ephesians 4: 4-16. How does God equip us as the body of Christ to work towards reconciliation? What are some individual responsibilities required for participating in this healing act?
5. Pastor David defined Gentleness as being willing to help repair what is broken. Do you know anyone who uses their being “not ok” as a shield against the world? As a reason that they can't do things that “most folks” do like serving, dealing with family turmoil, forgiving, growing, etc? In light of the point shared this week that “You can't become all God that wants you to be if you are not OK and stay that way” – how would you practice “gentleness” with that person?
6. Consider James 5:13-20 and the admonition to confess (admit what's wrong) and profess (admit what's right) to each other and to God. Do you ever forget to tell your problems about your God? What are some of the professions about your God that you would tell them? How does talking to your problems about God correspond to last week's exercise of considering what God thinks of you and who He says you are in Christ?

Lord, thank you for being a rallying God! One who is humble, gentle, full of grace, who desires to rally around us and bring healing in all the emotional troubles we experience. Thank you for being more committed to our joy than we are! Help us to rally around others who need that support; provide the willingness, discipline, and community support to work through our own emotional troubles; and remind us to both confess and profess in order to heal our brokenness and serve each other in love.